

# THRIVE

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A CURRENT EVENTS  
+  
LIFESTYLE MAGAZINE

**BREAKING NEWS**

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# HOW TO GET YOURSELF OUT OF A SLUMP

it's not hard to find yourself falling back into a rough place mentally, especially with current circumstances going on. It's a scary place to be in for sure, because it's essentially a battle against yourself. What can you do to get in a better place mentally? Well, unfortunately it doesn't happen overnight. With trial and error, however, even just a little bit of work towards a better mental state can go a long way.

-Take care of yourself!! Take a bath, face mask, treat yourself to a movie, etc. Self care is super important when it comes to slumps- you want to make yourself feel good- that will lead to a happier you.

-Exercise: exercising releases dopamines in our body that literally make us happier. Whether it's walking, dancing, running, weight training, etc, even just a little bit of physical activity during the day can push you out of that slump.

-Meditate: Meditation is *super* good for mental clarity. Meditating for just 5 minutes each morning will set your day up for good energy and success. Remember that the negativity you're faced with is all in your head, and meditation will help you clear that.

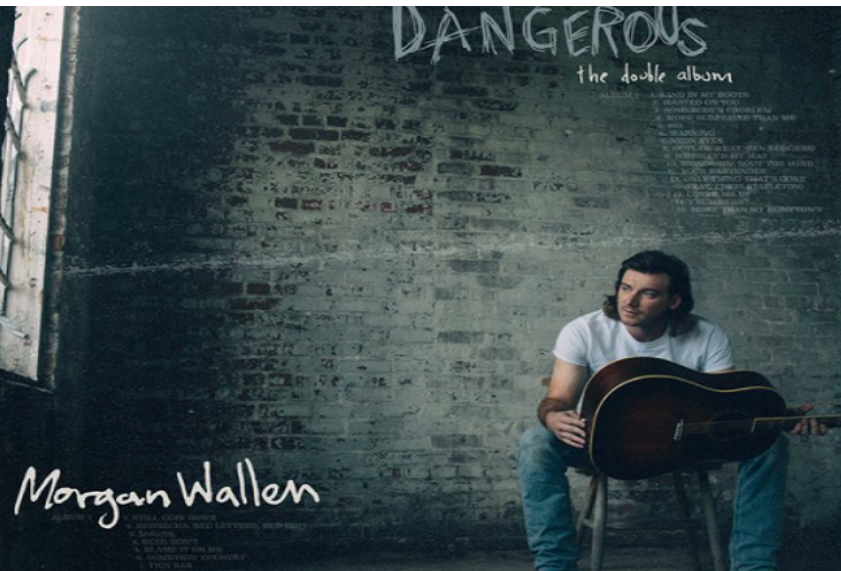
Overall, just make sure to take care of yourself and prioritize you when things seem to be getting bad. Remember that you are your biggest critic and that with drive and determination- anything is possible.

# PULP FICTION REVIEW

The 1994 film, Pulp Fiction, directed by Quentin Tarantino, has been a classic from the start. Deemed as one of the best movies of all time- Pulp has a lot of hype around it, understandably. It is unique in that it uses a non-linear plot, which forces the viewer to be observant and really pay attention to details. It took me a few watches to understand it at first, but once I got it I was hooked. Apart from the plot, the writing is another great thing about Pulp Fiction. This type of writing makes the dialooque feel genuine and pulls you in. Overall, whether you think it's overrated or not, Pulp is an absolute classic that cant be left unwatched.



# CULTURE



# MUSIC

Morgan wallen came out with his new album- dangerous. It has been very successful so far and even though I'm not personally a country fan- I like it!

# HEALTH BENIFETS OF WATER



- Improves memory+ mood
- reduces headaches
- manage anxiety
- regulates body temperature
- aids in digestion
- boosts energy
- brightens skin



# ALL ABOUT TRAVEL: STUDYING ABROAD

There are many ways to travel, even as you're getting an education! Many colleges offer study abroad programs so you can spend a semester or even up to a year abroad! This gives you time to immerse in a new culture, learn a new language, and meet others just like you from all around the world! If a semester abroad isn't long enough- look into international universities. These are colleges designed for students from other countries. For example- you could spend a whole four years in Europe just by going to university there. The possibilities are pretty endless!



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